



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 43155, Alcoholic beverage, wine, light**

**Report Date: July 04, 2017 15:14 EDT**

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.5g	1 serving 5 fl oz 148g
<b>Proximates</b>						
Water	g	92.23	--	--	27.21	136.50
Energy	kcal	49	--	--	14	73
Energy	kJ	206	--	--	61	305
Protein	g	0.07	--	--	0.02	0.10
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash	g	0.13	--	--	0.04	0.19
Carbohydrate, by difference	g	1.17	--	--	0.35	1.73
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	1.15	--	--	0.34	1.70
<b>Minerals</b>						
Calcium, Ca	mg	9	--	--	3	13
Iron, Fe	mg	0.40	--	--	0.12	0.59
Magnesium, Mg	mg	10	--	--	3	15
Phosphorus, P	mg	15	--	--	4	22
Potassium, K	mg	88	--	--	26	130
Sodium, Na	mg	7	--	--	2	10
Zinc, Zn	mg	0.08	--	--	0.02	0.12
Copper, Cu	mg	0.011	--	--	0.003	0.016
Selenium, Se	µg	0.2	--	--	0.1	0.3
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.000	--	--	0.000	0.000
Riboflavin	mg	0.010	--	--	0.003	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.5g	1 serving	5 fl oz 148g
Niacin	mg	0.100	--	--	0.030		0.148
Vitamin B-6	mg	0.020	--	--	0.006		0.030
Folate, total	µg	1	--	--	0		1
Folic acid	µg	0	--	--	0		0
Folate, food	µg	1	--	--	0		1
Folate, DFE	µg	1	--	--	0		1
Choline, total	mg	5.0	--	--	1.5		7.4
Vitamin B-12	µg	0.00	--	--	0.00		0.00
Vitamin B-12, added	µg	0.00	--	--	0.00		0.00
Vitamin A, RAE	µg	0	--	--	0		0
Retinol	µg	0	--	--	0		0
Carotene, beta	µg	0	--	--	0		0
Carotene, alpha	µg	0	--	--	0		0
Cryptoxanthin, beta	µg	0	--	--	0		0
Vitamin A, IU	IU	0	--	--	0		0
Lycopene	µg	0	--	--	0		0
Lutein + zeaxanthin	µg	0	--	--	0		0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00		0.00
Vitamin E, added	mg	0.00	--	--	0.00		0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0		0.0
Vitamin D	IU	0	--	--	0		0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0		0.0
<b>Lipids</b>							
Fatty acids, total saturated	g	0.000	--	--	0.000		0.000
4:0	g	0.000	--	--	0.000		0.000
6:0	g	0.000	--	--	0.000		0.000
8:0	g	0.000	--	--	0.000		0.000
10:0	g	0.000	--	--	0.000		0.000
12:0	g	0.000	--	--	0.000		0.000
14:0	g	0.000	--	--	0.000		0.000
16:0	g	0.000	--	--	0.000		0.000
18:0	g	0.000	--	--	0.000		0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000		0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.5g	1 serving 148g	5 fl oz 148g
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0

#### Amino Acids

#### Other

Alcohol, ethyl	g	6.4	--	--	1.9	9.5	
Caffeine	mg	0	--	--	0	0	
Theobromine	mg	0	--	--	0	0	